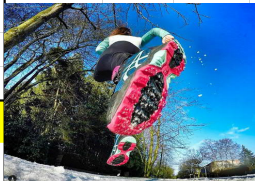




| 1          |      | Höck  | Januar '18                              |  | 2  |       | Höck                                    | Februar '18    |  | 3                                |       | Höck                                    | März '18                      |  |
|------------|------|---|---|--|--|-------|---|----------------|--|----------------------------------|-------|---|-------------------------------|--|
| 01 Mo      |      |   | Neujahr                                 |  | 01 Do  |       |   | 5              |  | 01 Do                            |       |   | 9                             |  |
| 02 Di      |      |   |   |  | 02 Fr  |       |   |                |  | 02 Fr                            |       |   |                               |  |
| 03 Mi      |      |   | 1                                       |  | 03 Sa  | 09:00 | Training                                |                |  | 03 Sa                            | 09:00 | Training                                | Winterthur                    |  |
| 04 Do      |      |   |   |  | 04 So  |       |   |                |  | 04 So                            |       |   |                               |  |
| 05 Fr      |      |   |   |  | 05 Mo  |       |   |                |  | 05 Mo                            |       |   |                               |  |
| 06 Sa      |      | 09:00   | Training                                |  | 06 Di  | 19:00 | Strassenlampenlauf Schule Unterwindisch |                |  | 06 Di                            | 19:00 | Strassenlampenlauf Schule Unterwindisch |                               |  |
| 07 So      |      |   | Züri rännt Seelauf                      |  | 07 Mi  | Höck  |   | 6              |  | 07 Mi                            | Höck  |   | 10                            |  |
| 08 Mo      |      |   |   |  | 08 Do  |       |   |                |  | 08 Do                            |       |   |                               |  |
| 09 Di      |      | 19:00   | Strassenlampenlauf Schule Unterwindisch |  | 09 Fr  |       |   |                |  | 09 Fr                            |       |   | Trainingsweekend              |  |
| 10 Mi      | Höck |   | 2                                       |  | 10 Sa  | 09:00 | Training                                |                |  | 10 Sa                            |       |   | Trainingsweekend              |  |
| 11 Do      |      |   |   |  | 11 So  |       |   | 1. AGM Longjog |  | 11 So                            |       | 50. Engadiner                           | Trainingsweekend              |  |
| 12 Fr      |      |   |   |  | 12 Mo  |       |   |                |  | 12 Mo                            |       |   |                               |  |
| 13 Sa      |      | 09:00   | Training                                |  | 13 Di  | 19:00 | Strassenlampenlauf Schule Unterwindisch |                |  | 13 Di                            | 19:00 | Strassenlampenlauf Schule Unterwindisch |                               |  |
| 14 So      |      |   | Swiss Snow Walk Run Arosa               |  | 14 Mi  |       |   | 7              |  | 14 Mi                            |       |   | 11                            |  |
| 15 Mo      |      |   |   |  | 15 Do  |       |   |                |  | 15 Do                            |       |   |                               |  |
| 16 Di      |      | 19:00   | Strassenlampenlauf Schule Unterwindisch |  | 16 Fr  |       | ! Freitag ! Fondue-Essen 19:00 Uhr      |                |  | 16 Fr                            |       |   |                               |  |
| 17 Mi      |      |   | 3                                       |  | 17 Sa  | 09:00 | Training                                |                |  | 17 Sa                            | 09:00 | Training                                | 30. Kerzerslauf               |  |
| 18 Do      |      |   |   |  | 18 So  |       |   |                |  | 18 So                            |       |   | CityRunning HM                |  |
| 19 Fr      |      |   |   |  | 19 Mo  |       |   |                |  | 19 Mo                            |       |   |                               |  |
| 20 Sa      |      | 09:00   | Training                                |  | 20 Di  | 19:00 | Strassenlampenlauf Schule Unterwindisch |                |  | 20 Di                            | 19:00 | Strassenlampenlauf Schule Unterwindisch |                               |  |
| 21 So      |      |   |   |  | 21 Mi  |       |   | 8              |  | 21 Mi                            |       |   | 12                            |  |
| 22 Mo      |      |   |   |  | 22 Do  | Höck  |   |                |  | 22 Do                            | Höck  |   |                               |  |
| 23 Di      |      | 19:00   | Strassenlampenlauf Schule Unterwindisch |  | 23 Fr  |       |   |                |  | 23 Fr                            |       |   |                               |  |
| 24 Mi      |      |   | 4                                       |  | 24 Sa  | 09:00 | Training Reusslauf Bremgarten           |                |  | 24 Sa                            | 09:00 | Training                                | Bad. Limmatlauf/Waldreinigung |  |
| 25 Do      | Höck |   |   |  | 25 So  |       |   |                |  | 25 So                            |       |   |                               |  |
| 26 Fr      |      | GV Müli Mülligen; 18:45 Uhr Essen; GV 20:00 Uhr |   |  | 26 Mo  |       |   |                |  | 26 Mo                            |       |   |                               |  |
| 27 Sa      |      | 09:00   | Training                                |  | 27 Di  | 19:00 | Strassenlampenlauf Schule Unterwindisch |                |  | 27 Di                            | 19:00 | Strassenlampenlauf Schule Unterwindisch |                               |  |
| 28 So      |      |   | Reppischtalllauf                        |  | 28 Mi  |       |   | 9              |  | 28 Mi                            |       |   | 13                            |  |
| 29 Mo      |      |   |   |  | 29 Do  |       |   |                |  | 29 Do                            |       |   |                               |  |
| 30 Di      |      | 19:00   | Strassenlampenlauf Schule Unterwindisch |  | 30 Fr  |       |   |                |  | 30 Fr                            |       |   | Karfreitag                    |  |
| 31 Mi      |      |   |   |  | 31 Sa  |       |   |                |  | 31 Sa                            | 09:00 | Training                                | Karsamstag; GP Fricktal       |  |
| 2018-01-27 |      |   |   |  |  |       |   |                |  | Höck<br>= Schulferien Gebenstorf |       |   |                               |  |



| 4     | Höck           | April '18                           | 5                        | Höck           | Mai '18                                | 6     | Höck           | Juni '18                                |
|-------|----------------|-------------------------------------|--------------------------|----------------|--|-------|----------------|---|
| 01 So |                | Ostern                              | 01 Di                    |                | Maifeiertag                            | 01 Fr |                |   |
| 02 Mo |                | Ostermontag                         | 02 Mi                    | Höck           |  | 02 Sa | 09:00 Training | Passwang Berglauf                       |
| 03 Di |                | 19:00 Training Schule Unterwindisch | 03 Do                    |                | 18                                     | 03 So |                |   |
| 04 Mi | Höck           |                                     | 04 Fr                    |                |  | 04 Mo |                |   |
| 05 Do |                | 14                                  | 05 Sa                    | 09:00 Training | SOLA Staffette                         | 05 Di | 19:00 Training | Schule Unterwindisch                    |
| 06 Fr |                |                                     | 06 So                    |                | Wings for Life                         | 06 Mi |                | 40. Forchlauf 21km 405m/15km 270m       |
| 07 Sa | 09:00 Training | GP Dübendorf                        | 07 Mo                    |                |  | 07 Do |                | 23                                      |
| 08 So |                | 2. AGM Longjog                      | 08 Di                    |                | 19:00 Training Schule Unterwindisch    | 08 Fr |                |   |
| 09 Mo |                |                                     | 09 Mi                    |                | 19                                     | 09 Sa | 09:00 Training | Bieler Lauftage                         |
| 10 Di |                |                                     | 10 Do                    |                | Auffahrt Johanitterlauf; Flughafenlauf | 10 So |                | Bieler Lauftage                         |
| 11 Mi |                | 15                                  | 11 Fr                    |                |  | 11 Mo |                |   |
| 12 Do |                |                                     | 12 Sa                    | 09:00 Training |  | 12 Di | 19:00 Training | Schule Unterwindisch                    |
| 13 Fr |                |                                     | 13 So                    |                | Aargau Marathon; Muttertag             | 13 Mi |                | Hornbräteln                             |
| 14 Sa | 09:00 Training |                                     | 14 Mo                    |                |  | 14 Do | Höck           | 24                                      |
| 15 So |                |                                     | 15 Di                    |                | 19:00 Training Schule Unterwindisch    | 15 Fr |                |   |
| 16 Mo |                |                                     | 16 Mi                    |                | 20                                     | 16 Sa | 09:00 Training |   |
| 17 Di |                |                                     | 17 Do                    | Höck           |  | 17 So |                |   |
| 18 Mi |                | 16                                  | 18 Fr                    |                |  | 18 Mo |                |   |
| 19 Do | Höck           |                                     | 19 Sa                    | 09:00 Training | GP Bern                                | 19 Di |                | Schachen-Cup Brugg, 1500m               |
| 20 Fr |                |                                     | 20 So                    | 09:00 Training | Pfingsten                              | 20 Mi |                | 25                                      |
| 21 Sa | 09:00 Training |                                     | 21 Mo                    |                | Pfingstmontag                          | 21 Do |                |   |
| 22 So |                | Zürich Marathon                     | 22 Di                    |                | 19:00 Training Schule Unterwindisch    | 22 Fr |                |   |
| 23 Mo |                |                                     | 23 Mi                    |                | 1000 m Cup Baden                       | 23 Sa | 09:00 Training |   |
| 24 Di |                | 19:00 Training Schule Unterwindisch | 24 Do                    |                | 21                                     | 24 So |                | Aletsch Halbmarathon; Grenchen Berglauf |
| 25 Mi |                | 1000 m Cup Baden                    | 25 Fr                    |                | Hasli Night Run                        | 25 Mo |                |   |
| 26 Do |                | 17                                  | 26 Sa                    | 09:00 Training | Lenzburgerlauf                         | 26 Di |                | Schachen-Cup 3000m                      |
| 27 Fr |                | Tüfelschlucht Berglauf              | 27 So                    |                | Winterthur Marathon                    | 27 Mi | Höck           | 1000 m Cup Baden                        |
| 28 Sa | 09:00 Training |                                     | 28 Mo                    |                |  | 28 Do |                | 26                                      |
| 29 So |                | 3. AGM Longjog; Aarg. Volkslauf     | 29 Di                    |                | 19:00 Training Schule Unterwindisch    | 29 Fr |                |   |
| 30 Mo |                |                                     | 30 Mi                    | Höck           |  | 30 Sa | 09:00 Training | Lauerzerseelauf                         |
|       |                |                                     | 31 Do                    |                | Fronleichnam                           |       |                | 22                                      |
|       |                | Sa.-Trainings ab Sandstr. 66        | Höck                     |                |  |       |                |   |
|       |                |                                     | = Schulferien Gebenstorf |                |  |       |                |   |



| 7     |      | Höck                     | Juli '18       |                               | 8     |                | Höck | August '18                              |       | 9              |  | Höck | September '18 |    |
|-------|------|--------------------------|----------------|-------------------------------|-------|----------------|------|---|-------|----------------|--|------|---------------|----|
| 01 So |      |                          | 09:00 Training | <b>Egelsee inkl. Long Jog</b> | 01 Mi |                |      | 1. August                               | 01 Sa | 09:00 Training | Murianer Lauf                              |      |               |    |
| 02 Mo |      |                          |                |                               | 02 Do |                |      |   | 02 So |                | Switzerland Marathon Light!                |      |               |    |
| 03 Di |      |                          |                | Schachen-Cup Brugg, 12 Min.   | 03 Fr |                |      |   | 03 Mo |                |  |      |               |    |
| 04 Mi |      |                          |                |                               | 04 Sa | 09:00 Training |      |   | 04 Di | 19:00 Training | Schule Unterwindisch                       |      |               |    |
| 05 Do |      |                          |                | 27                            | 05 So |                |      |   | 05 Mi |                |  |      |               |    |
| 06 Fr |      |                          |                |                               | 06 Mo |                |      |   | 06 Do | Höck           |  |      |               | 36 |
| 07 Sa |      | 09:00 Training           |                |                               | 07 Di |                |      |   | 07 Fr |                |  |      |               |    |
| 08 So |      |                          |                | Gornergrat Zermatt Marathon   | 08 Mi |                |      |   | 08 Sa | 09:00 Training |  |      |               |    |
| 09 Mo |      |                          |                |                               | 09 Do | Höck           |      |   | 09 So |                | "25. Jungfrau Marathon                     |      |               |    |
| 10 Di |      |                          |                |                               | 10 Fr |                |      |   | 10 Mo |                |  |      |               |    |
| 11 Mi |      |                          |                |                               | 11 Sa | 09:00 Training |      |   | 11 Di | 19:00 Training | Schule Unterwindisch                       |      |               |    |
| 12 Do | Höck |                          |                | 28                            | 12 So |                |      | Slow up AG; Belchen Berglauf            | 12 Mi |                |  |      |               |    |
| 13 Fr |      |                          |                |                               | 13 Mo |                |      |   | 13 Do |                |  |      |               | 37 |
| 14 Sa |      | 09:00 Training           |                |                               | 14 Di |                |      | 19:00 Training Schule Unterwindisch     | 14 Fr |                |  |      |               |    |
| 15 So |      |                          |                | Vogellisi Berglauf            | 15 Mi |                |      |   | 15 Sa | 09:00 Training |  |      |               |    |
| 16 Mo |      |                          |                |                               | 16 Do |                |      |   | 16 So |                | <b>Laufnacht Brugg</b> ; Greifensee; SM HM |      |               |    |
| 17 Di |      |                          |                | Schachen-Cup, 5000m           | 17 Fr |                |      |   | 17 Mo |                |  |      |               |    |
| 18 Mi |      |                          |                |                               | 18 Sa | 09:00 Training |      |   | 18 Di | 19:00 Training | Schule Unterwindisch                       |      |               |    |
| 19 Do |      |                          |                |                               | 19 So |                |      | <b>Velo-Anlass</b>                      | 19 Mi | Höck           |  |      |               |    |
| 20 Fr |      |                          |                | Ägeriseelauf                  | 20 Mo |                |      |   | 20 Do |                | 1000 m Cup                                 |      |               | 38 |
| 21 Sa |      | 09:00 Training           |                |                               | 21 Di |                |      | 19:00 Training Schule Unterwindisch     | 21 Fr |                |  |      |               |    |
| 22 So |      |                          |                | Vogellisi Berglauf            | 22 Mi | Höck           |      | 1000 m Cup Baden                        | 22 Sa | 09:00 Training |  |      |               |    |
| 23 Mo |      |                          |                |                               | 23 Do |                |      |   | 23 So |                | <b>Wanderung Stoos</b>                     |      |               |    |
| 24 Di |      |                          |                | Schachen-Cup, 10000m-Lauf     | 24 Fr |                |      |   | 24 Mo |                |  |      |               |    |
| 25 Mi | Höck |                          |                |                               | 25 Sa | 09:00 Training |      |   | 25 Di | 19:00 Training | Schule Unterwindisch                       |      |               |    |
| 26 Do |      |                          |                |                               | 26 So |                |      | Weissenstein Berglauf                   | 26 Mi |                |  |      |               | 39 |
| 27 Fr |      |                          |                | 30                            | 27 Mo |                |      |   | 27 Do |                |  |      |               |    |
| 28 Sa |      | 09:00 Training           |                |                               | 28 Di |                |      | 19:00 Training Schule Unterwindisch     | 28 Fr |                |  |      |               |    |
| 29 So |      |                          |                | Swiss Alpine Marathon         | 29 Mi |                |      | <b>Sikinga Lauf (Vereinslauf)</b>       | 29 Sa | 09:00 Training |  |      |               |    |
| 30 Mo |      |                          |                |                               | 30 Do |                |      |   | 30 So |                |  |      |               |    |
| 31 Di |      |                          |                |                               | 31 Fr |                |      |   |       |                |  |      |               |    |
|       |      | Höck                     |                |                               |       |                |      |   |       |                |  |      |               |    |
|       |      | = Schulferien Gebenstorf |                |                               |       |                |      | <b>Sa.-Trainings<br/>ab Sandstr. 66</b> |       |                |  |      |               |    |





| 10    | Höck |  | Oktober '18   | 11    | Höck |  | November '18                    | 12                      | Höck |  | Dezember '18                            |
|-------|------|---|---|-------|------|--|---------------------------------|-------------------------|------|---|---|
| 01 Mo |      |   |   | 01 Do | Höck |  |                                 | 01 Sa                   |      | 09:00 Training  | Chlauslauf Niederrohrdorf               |
| 02 Di |      |   |   | 02 Fr |      |  | 44                              | 02 So                   |      |   |   |
| 03 Mi |      |   |   | 03 Sa |      |  |                                 | 03 Mo                   |      |   |   |
| 04 Do | Höck |   | 40  | 04 So |      |  |                                 | 04 Di                   |      | 19:00   | Strassenlampenlauf Schule Unterwindisch |
| 05 Fr |      |   |   | 05 Mo |      |  |                                 | 05 Mi                   | Höck |   |   |
| 06 Sa |      | 09:00 Training  |   | 06 Di |      | 19:00 Strassenlampenlauf Schule Unterwindisch                                      |                                 | 06 Do                   |      |   |   |
| 07 So |      |   |   | 07 Mi |      |  |                                 | 07 Fr                   |      |   |   |
| 08 Mo |      |   |   | 08 Do |      |  | 45                              | 08 Sa                   |      | 09:00 Training  | 49                                      |
| 09 Di |      |   |   | 09 Fr |      |  |                                 | 09 So                   |      |   | Zürcher Silvesterlauf                   |
| 10 Mi |      |   |   | 10 Sa |      | 09:00 Training   |                                 | 10 Mo                   |      |   |   |
| 11 Do |      |   | 41  | 11 So |      | <b>Panorama Run Bern &amp; Lichtshow Bundeshaus</b>                                |                                 | 11 Di                   |      | 19:00   | Strassenlampenlauf Schule Unterwindisch |
| 12 Fr |      |   |   | 12 Mo |      |  |                                 | 12 Mi                   |      |   |   |
| 13 Sa |      | 09:00 Training  |   | 13 Di |      | 19:00 Strassenlampenlauf Schule Unterwindisch                                      |                                 | 13 Do                   |      |   | 50                                      |
| 14 So |      |   | Hallwilerseelauf  | 14 Mi | Höck |  |                                 | 14 Fr                   |      | 09:00 Training  |   |
| 15 Mo |      |   |   | 15 Do |      |  | 46                              | 15 Sa                   |      | <b>15:00 Weihnachtstraining bei Lilo &amp; Ueli Iten</b>                            |   |
| 16 Di |      | 19:00 Strassenlampenlauf Schule Unterwindisch                                     |   | 16 Fr |      |  |                                 | 16 So                   |      |   |   |
| 17 Mi | Höck |   |   | 17 Sa |      | 09:00 Training   |                                 | 17 Mo                   |      |   |   |
| 18 Do |      |   | 42  | 18 So |      |  |                                 | 18 Di                   |      | 19:00   | Strassenlampenlauf Schule Unterwindisch |
| 19 Fr |      |   |   | 19 Mo |      |  |                                 | 19 Mi                   |      |   |   |
| 20 Sa |      | 09:00 Training  |   | 20 Di |      | 19:00 Strassenlampenlauf Schule Unterwindisch                                      |                                 | 20 Do                   | Höck |   | 51                                      |
| 21 So |      |   | Lausanne Marathon   | 21 Mi |      |  |                                 | 21 Fr                   |      |   |   |
| 22 Mo |      |   |   | 22 Do |      |  | 47                              | 22 Sa                   |      | 09:00 Training  |   |
| 23 Di |      | 19:00 Strassenlampenlauf Schule Unterwindisch                                     |   | 23 Fr |      |  |                                 | 23 So                   |      |   |   |
| 24 Mi |      |   |   | 24 Sa |      | 09:00 Training   |                                 | 24 Mo                   |      |   |   |
| 25 Do |      |   | Herbsttraining 43   | 25 So |      | Basler Stadtlauf   |                                 | 25 Di                   |      |   | 1. Weihnachtstag                        |
| 26 Fr |      |   |   | 26 Mo |      |  |                                 | 26 Mi                   |      |   | 2. Weihnachtstag                        |
| 27 Sa |      | 09:00 Training  |   | 27 Di |      | 19:00 Strassenlampenlauf Schule Unterwindisch                                      |                                 | 27 Do                   |      |   | 52                                      |
| 28 So |      |   | Swiss City Marathon   | 28 Mi |      |  |                                 | 28 Fr                   |      |   |   |
| 29 Mo |      |   |   | 29 Do | Höck |  | 48                              | 29 Sa                   |      |   |   |
| 30 Di |      | 19:00 Strassenlampenlauf Schule Unterwindisch                                     |   | 30 Fr |      |  |                                 | 30 So                   |      | 09:00 Training  |   |
| 31 Mi |      |   |  |       |      |  |                                 | 31 Mo                   |      |   | Stauseelauf Gippigen                    |
|       |      |   | Höck  |       |      |  | Sa.-Trainings<br>ab Sandstr. 66 | GV 2019: Fr. 18.01.2018 |      |   |   |
|       |      |   | = Schulferien Gebenstorf  |       |      |  |                                 |                         |      |   |   |